

WINNIPEG metro

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Something Wicked this way comes ...

Actress in the touring Broadway hit calls Madame Morrible a 'delicious' role **PAGE 3**

Is that you, E.T.? 25 years of space oddities

A new report by a Winnipeg group compiles UFO sightings across Canada since 1989 **PAGE 4**

Pot campaign 'not partisan,' Ambrose says

Health minister denies that the feds' marijuana campaign is aimed at Justin Trudeau **PAGE 5**

FAME HAS GONE TO HIS HEAD

MICHAEL FASSBENDER HIDES FROM THE WORLD IN HIS LATEST MOVIE, FRANK, IN WHICH HE DONS A PAPIER-MÂCHÉ MASK **PAGE 11**



The Winnipeg Police Service underwater recovery unit searched the Red River near the Alexander Docks on Sunday for a man seen in distress in the river Friday. Dog walkers found the body of Tina Fontaine, 15, near the docks later in the day, and police are calling the find a homicide. The man's body was later found, and foul play is not suspected in his death. Inset: Tina Fontaine.

SHANE GIBSON/METRO; INSET: CONTRIBUTED



Girl, 15, ID'd as homicide victim

Body found in bag in Red River. Police ask anyone with information to give them a call



SHANE GIBSON
shane.gibson@metronews.ca

Tina Fontaine had been in Winnipeg a little over a month when she vanished from the city's downtown.

On Monday afternoon, police confirmed it was the 15-year-old's body that dog walkers found wrapped in a bag in the Red River near the Alexander Docks on Sunday afternoon.

"She's definitely been exploited ... murdered and put into the river," said homicide investigator Sgt. John O'Donovan while making a plea for information about what she was doing and who she was with when she was

last seen near Portage Place on the morning of Aug. 9.

"This is a child. Society should be horrified, and that's why we're asking for people to help."

O'Donovan wouldn't say how Fontaine was killed — that's something only the killer will know, he said — but he did tell media she was dead before her body was put in the river.

Fontaine is from rural Manitoba and was in the care of Child and Family Services in Winnipeg when she disappeared.

Fontaine is described as aboriginal, five-foot-three and about 100 pounds with a thin build. She had brown/black hair that was shaved on one side and long on the other, and brown eyes. She was last seen wearing a white skirt, a blue jacket and pink and white runners.

Anyone with information is asked to call 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

Not considered suspicious

Second body discovered on Sunday

In an odd twist, police divers were already at the docks Sunday searching for a man seen in distress in the waters near the Provencher Bridge on Friday.

Police confirmed Monday a man's body found near Kildonan Park around 7:30 p.m. Sunday is the man they'd been searching for. His death is not considered suspicious.

CBC reported Monday evening that family members said the male retrieved from the river was Faron Hall, the homeless man who saved two other people from drowning in 2009.

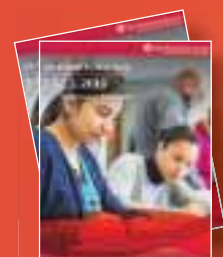
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Stony Mountain

Child killer was murdered: RCMP

Stonewall RCMP believe a man serving an indefinite sentence for the rape and murder of a two-year-old girl found dead in his Stony Mountain Institution cell over the weekend was murdered.

Duane Edward Taylor, 53, was found unresponsive on Saturday and could not be resuscitated by prison staff, according to a press release from Correctional Service Canada.

Taylor was convicted of first-degree murder in 1982 for the rape and killing of April Marie Morrison of Kingston, Ont.

SHANE GIBSON/METRO

Crime

Suspect sought in attempted child luring

Winnipeg police are looking for a man who tried to lure a small boy away from the splash pad at Central Park with the promise of candy Sunday afternoon.

The five-year-old boy was at the park with his mother around 12:30 p.m. when a man tried to lure him away.

A lifeguard intervened, and the man left the area. The boy was not injured.

The man is described as black, 25 years old, five-foot-six to five-foot-seven, with a slim build. He was wearing a red hooded jacket, green shorts and a gold necklace and was carrying a green and black Thomas the Tank Engine backpack.

Anyone with information is asked to call 204-986-6668 or Winnipeg Crime Stoppers at 204-786-TIPS.

METRO

It's good to be bad for Wicked actress

Interview. Kathy Fitzgerald revels in her role as Madame Morrible in the Broadway hit set to take over Winnipeg's Centennial Concert Hall

It's fun and delicious to be so Wicked.

That's how actress Kathy Fitzgerald describes her role as Madame Morrible in the Broadway hit Wicked, which starts Wednesday at Winnipeg's Centennial Concert Hall and runs until Aug. 30.

"It's the first time I've played somebody so mean. She's horrible," Fitzgerald said during a phone interview with Metro.

"It took me a while actually to figure out how to really enjoy it, because playing villains, it takes some getting used to, especially since I come from a comedy background."

Fitzgerald joked that her character is so evil, even she's happy when Madame Mor-



Kathy Fitzgerald plays Madame Morrible in Wicked, which kicks off its run at the Centennial Concert Hall on Wednesday. JOAN MARCUS/WICKED

rible is taken away.

"It's fun being the mean person; it's fun that the audience hates you," she added.

"When I get dragged away at the end of the show every night, it usually gets applause. It's because I just hate my character so much, but it's fun, it's delicious."

As for what Winnipeggers will think of the show, Fitzgerald said she believes they'll be charmed by its technical prowess, the sets,

the costumes, but above all the story itself.

"People just love the story; that's why they keep coming back. The music is great and the story of the two girls is fantastic," said Fitzgerald, who has been cast in other Broadway shows 9 to 5, The Producers and Damn Yankees.

"And I think the production value — I've been doing this for 20 years — and I think this is like the highest

production value of a show I've ever been in. The sets and the costumes are top-notch.

"It's a great show; it's got 10 years of a track record in Tony Awards."

Wicked is billed as the untold story of the witches of Oz: Elphaba the Wicked Witch of the West and Glinda the Good Witch of the North. Visit wickedthemusical.com for more information on the show and for tickets.

BERNICE PONTANILLA/METRO

Final numbers. Group tours help sustain Folklorama

The organizers of Folklorama say the multicultural festival had just shy of 413,000 visits to its 43 pavilions this year.

The numbers were bolstered by 142 group tours travelling from as far as Africa, France and Japan to take in the unique Winnipeg experience,

according to a press release sent out Monday.

The tours — which saw an increase in participation over last year — included multiple pavilion visits, party tours, cycle tours, accessibility tours and walking tours.

"There was a lot of interest

in all of our VIP tours," said the festival's executive director, Debra Zoerb, in the release.

"It's great to see that visitors not only want to be a part of a celebration of culture, but they're also keen to enjoy the festival through these group-tour options. It affirms we're

offering something visitors want."

The attendance numbers for the 45th edition of the festival, which wrapped up Saturday after a two-week run, are on par with previous years, including 2013 when there were 46 pavilions. METRO

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TRANSIT TUESDAY

Weekly Transit News Update



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OmniTrax. Plan to ship crude oil through Hudson Bay halted

A rail company is putting the brakes on a controversial plan to haul millions of litres of crude oil across its northern rail line to the port of Churchill on Hudson Bay.

OmniTrax Canada president Merv Tweed said the company, which operates the port in Manitoba, is expecting another record shipping season from grain and other commodities. That has shifted the company's focus away from shipping crude oil, he said.

"We've got a glut of grain on the market," Tweed said Friday. "It looks like another great crop. We increased our volume last year. Our targets are higher this year and they'll be higher again next year. I think it's important that we focus on the grain side of it. That's the direction that we've chosen."

OmniTrax had argued the plan to transport oil across hundreds of kilometres of remote rail line built on permafrost was safe and would help create much-needed jobs in the North. But the proposal was vehemently opposed by aboriginal groups, environmentalists and the government of Manitoba.

Community consultations were "important factors" in the company's decision to back away from the plan, Tweed said. **THE CANADIAN PRESS**

Special warrant

Province OKs \$100M extra for flood costs

Manitoba's Finance Ministry has issued a special warrant to allow extra spending this fiscal year to cover the costs of recent flooding.

The warrant provides an additional \$100 million.

The government says costs for flood-related infrastructure repairs are still being assessed, but at this point, spending is still being covered under the existing budget.

Economy Minister Theresa Oswald says the province sets aside money every year for flooding, but the torrential rain last month caused exceptional circumstances.

THE CANADIAN PRESS



This graphic illustrates the 1915 "phantom invasion" of flying objects on Parliament Hill, one of the cases mentioned in Ufology Research's new study. COURTESY UFOLOGY RESEARCH

The truth is out there ... or is it in this new report?

Twenty-five years of UFO sightings. Winnipeg group found 14,617 celestial oddities in Canada

Do you believe?

Large flying objects, crop circles and alien abductions are part of a new study about UFO sightings in Canada.

A Winnipeg group called Ufology Research has compiled and analyzed reported sightings of unidentified flying objects across Canada over the last 25 years.

It says 14,617 celestial oddities have been spotted since the group started collecting data in 1989. Explanations or probable explanations were found for about half the sightings.

Research co-ordinator Chris Rutkowski said the group's work doesn't provide absolute proof about the existence of extraterrestrials.

But it raises questions.

"This is simply a phenomenon that's real, that people continue to report," Rutkowski said after the study was released Friday.

"And I believe that science

should take a better look at what's going on because the (data) suggests the phenomenon isn't going away."

The study shows a growing number of unexplained sightings over the years, with the majority in British Columbia and Ontario.

The "hot spot" cities with the most sightings are listed as Toronto, Winnipeg, Vancouver and Calgary.

Most sightings were of lights in the sky, often spotted between 10 p.m. and midnight, and usually in July and August.

About three per cent, or 467 cases, were close encounters, including alleged alien sightings and abductions.

One of the study's "most remarkable" cases was that of a Winnipeg nurse who said that she found two "small human-like creatures" when she got home from work on Nov. 1, 1992.

"She found herself taken in a 'hangar' with several spacecraft and was taken inside one for a brief trip around the Earth. She soon found herself back at home, with several hours of time missing from her life," said the study.

On Nov. 20, 1989, a few people at a farm outside Montreal said they saw a bright light

Holy ship!

"She found herself taken in a 'hangar' with several spacecraft and was taken inside one for a brief trip around the Earth."

One case in the UFO-sighting study

and heard a loud noise. They found a large circle of flattened green grass in a field. It remained green long after the grass surrounding it turned brown and died.

The study also includes a list of the top 10 strangest sightings in Canada over the last century, taken from historic reports and other UFO databases.

In 1915 a "phantom invasion" of flying objects caused so much panic that the lights on Parliament Hill were shut off to "prevent targeting by the enemy."

And in 1980 a teenager in Duncan, B.C., was so obsessed with UFOs that he built a huge model of one in his backyard.

"One day, following a series of UFO reports in the area, he announced to his friends he was going to be taken away by aliens," the study said.

"He was never seen again."

THE CANADIAN PRESS

Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?

Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association (CMA) meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising cam-



Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

paign directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doc-

tors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it, and I encourage them to not prescribe it if they're not comfortable with it."

taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads

that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than one-third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

"Even the best-protected

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff Debrosse, director of security research at U.S.-based security company Websense

networks have regular security incidents," says Jeff Debrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Medicine. Health Canada changing labels on opioid painkillers to stress risks

Health Canada has changed the labelling for controlled-release opioids in a bid to make clear the risks and safety concerns of the pain medications.

The department says the new labelling spells out more clearly the potential problems related to the drugs, encouraging more appropriate prescription.

The new labelling drops reference to use of the drugs for moderate pain, stressing that they are meant to be prescribed for pain severe

enough to require daily and continuous opioid treatment.

An Ontario study released earlier this summer found that fatal overdoses from drugs such as oxycodone and morphine have soared over the past two decades as use of the addictive and highly potent painkillers has expanded.

Health Canada says that while the drugs provide effective pain management, they can induce serious health risks.

THE CANADIAN PRESS

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Teen may have had hands up when shot by cop: Pathologist

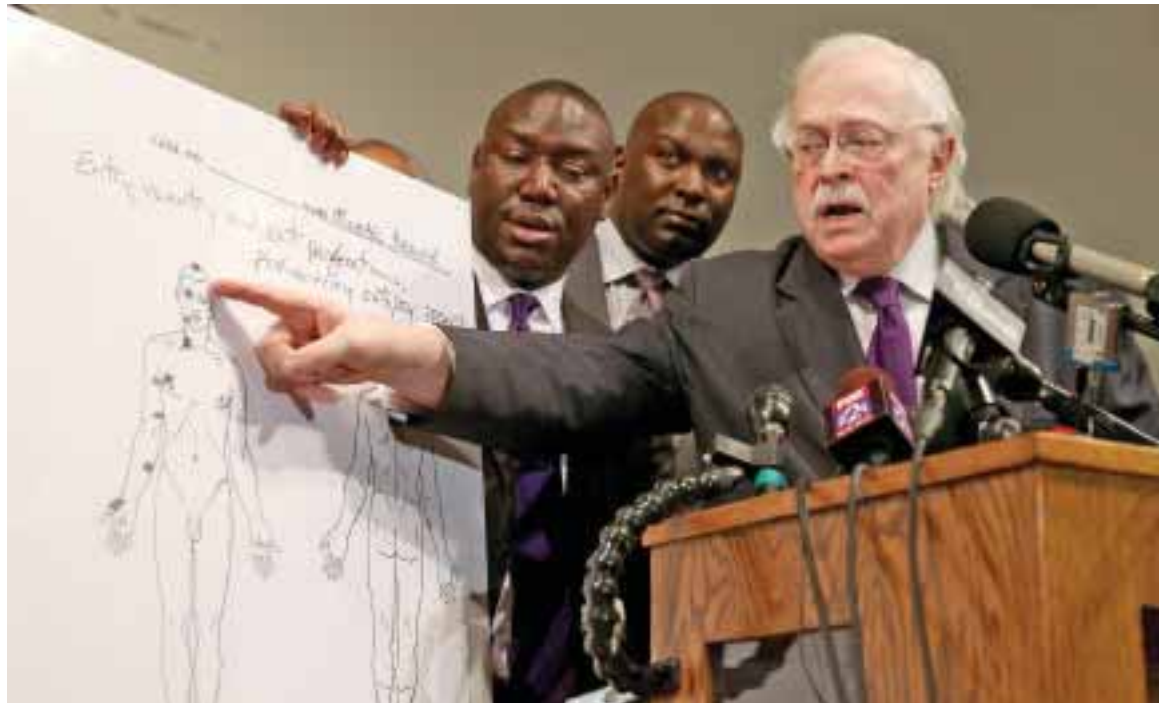
Michael Brown. The unarmed 18-year-old was shot between six and eight times

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was hit in the head and chest.

The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed



Dr. Michael Baden points to an autopsy diagram showing where the gunshots hit Michael Brown as family attorneys Benjamin Crump, left, and Daryl Parks look on during a press conference at the Greater St. Mark's Family Church on Monday in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the

officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical

examiner Dr. Michael Baden. "It verifies that the witness accounts were true: that he was shot multiple times."

He said Brown's mother "had the question any mother would have: Was my child in pain? Dr. Baden shared with her, in his opinion, he did not suffer." He also noted that Brown had abrasions on his face from where he fell to the ground, but "otherwise no evidence of a struggle."

Baden said there was

no gunpowder residue on Brown's body, indicating he was not shot at close range. However, Baden said he did not have access to Brown's clothing and that it was possible the residue could be on the clothing.

A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

U.S. Attorney General Eric Holder has ordered a federal

Two autopsies

An independent autopsy determined 18-year-old Michael Brown was shot at least six times, while another autopsy conducted by St. Louis County also found Brown was shot six to eight times.

- Forensic pathologist Shawn Parcells, who assisted former New York City chief medical examiner Dr. Michael Baden during the independent autopsy, said a graze wound on Brown's right arm could have occurred in several ways. The teen may have had his back to the shooter, or he could have been facing the shooter with his hands above his head or in a defensive position in front of his face.

- Baden said one of the bullets entered the top of Brown's skull, suggesting his head was bent forward when he suffered the fatal injury. The pathologists said Brown, who was also shot four times in the right arm, could have survived the other bullet wounds.

- Full findings of the county's autopsy aren't expected for about two weeks.

medical examiner to perform another autopsy.

THE ASSOCIATED PRESS

Avoiding accidents

U.S. administration endorses car-talk technology

The Obama administration said Monday it is taking a first step toward requiring that future cars and light trucks be equipped with technology that enables them to warn each other of potential danger in time to avoid collisions.

A research report released by the National Highway Traffic Safety Administration estimates

that the technology could eventually prevent 592,000 left-turn and intersection crashes a year, saving 1,083 lives. The agency said it will begin drafting rules to require the technology in new vehicles.

The technology uses a radio signal to continually transmit a vehicle's position, heading, speed and other information. Similarly equipped cars and trucks would receive the same information, and their computers would alert drivers to an impending collision.

THE ASSOCIATED PRESS

San Francisco airport

No charges for man accused of posing as TSA worker

Prosecutors say no criminal charges will be filed against a man accused of posing as a Transportation Security Administration agent and privately screening two women at the San Francisco International Airport.

San Mateo County District Attorney Steve Wagstaffe said Friday that the San Francisco man will not face charges in

the alleged incident on July 15.

Wagstaffe says it's illegal to impersonate a police officer but not to impersonate a TSA agent.

He says his office opted not to file charges because investigators have not been able to track down the two women and have not found surveillance footage of the incident.

The 53-year-old man was arrested at a security checkpoint in the airport's international terminal after bringing two women into a screening room. THE ASSOCIATED PRESS

Paris

Armed robbers ambush Saudi prince's convoy

Armed robbers ambushed a car in a Saudi prince's diplomatic convoy on its way to a Paris airport commonly used for private jets, raiding the Mercedes for valuables, then torching and abandoning the vehicle, police and prosecutors said Monday.

Five to eight assailants flashed handguns but fired no shots in the Sunday night attack, the Paris prosecutor's office said. No injuries or ar-

rests were reported.

Rocco Contento of the SGP Paris police union said on BFM television that the car had 250,000 euros in cash and official embassy documents and that the assailants were well-informed about the car's itinerary.

The Paris prosecutor's office said the Mercedes carried "things of value" but would not confirm the theft of cash or documents.

The car, with a driver and two passengers, was heading for Paris' Le Bourget airport to handle paperwork for the departing prince, according to the prosecutor's office.

THE ASSOCIATED PRESS

Rivals say Hamas shot activists who defied house arrest

Gaza. Unclear exactly how many Fatah members were hit; shooting victim calls for Palestinian unity

Gaza's ruling Hamas faction placed dozens of activists from Fatah, their political rivals, under house arrest during the Gaza war and shot several in the legs for not staying indoors, Fatah officials said Monday.

Hamas gunmen ordered numerous Fatah activists to stay in their homes for the duration of the fighting, said two spokesmen, Ahmed Assaf in the West Bank and Hassan Ahmed in Gaza.

Assaf said some of those who Hamas believed had ignored those orders were shot, although he said the exact

Quoted

"Our guns must be used only against the occupation (Israel)... What happened will not change my belief in unity."

Sami Abu Lasheen, who says he was shot after being ordered to stay indoors

number of victims is unknown.

Sami Abu Lasheen, 40, said Hamas activists ordered him at the beginning of the war to stay in his home. After that initial order, he said he sat outside his house from time to time.

"On July 28, masked gunmen came while I was sitting in the yard of my house," he said. "They told me to stand up and they shot me in the legs."

Abu Lasheen suffered multiple leg fractures that will require several months to heal.

Fatah's claims mark the first concrete sign of a Hamas

crackdown on domestic dissent during the Israeli-Palestinian conflict.

Hamas spokesman Fawzi Barhoum denied the group put Fatah activists under house arrest, suggesting some Hamas activists might have acted on their own. Barhoum did not address the shooting allegations.

Despite his injuries, Abu Lasheen still wishes for unity.

"Our guns must be used only against the occupation (Israel)," he said. "What happened will not change my belief in unity."

THE ASSOCIATED PRESS



Liberia searches for missing Ebola patients

Health workers equipped with Ebola virus prevention gear at an Ebola treatment centre in the city of Monrovia, Liberia. Liberia's armed forces were given orders to shoot people trying to illegally cross the border from neighbouring Sierra Leone, which is closed to stem the spread of Ebola. Seventeen fled from a ransacked Ebola medical centre on Monday and are still unaccounted for. ABBAS DULLEH/THE ASSOCIATED PRESS

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Oilpatch leads Canada with highest pay hikes: Survey

Canada Compensation Planning Survey.

Consulting firm says average base salary in energy sector to go up by 3.7 per cent next year

For the biggest pay hikes in Canada, look no further than the oilpatch.

The energy sector continues to lead the country in both actual and projected salary increases, according to a survey released Monday by global consulting firm Mercer.

The average base salary increase across the country is expected to be three per cent next year, the same as in 2014.

But in the energy sector, the pay bump is forecast at 3.7 per cent in 2015 after an actual 3.9 per cent increase this year.

Mercer has conducted its Canada Compensation Planning Survey for more than two decades, compiling responses from nearly 700 organizations across Canada.

For the past five years, the trends have been stable both at a national level and amongst different industries, Mercer's Allison Griffiths said.

"Companies just, in general,

are feeling more stable and more confident about their outlooks," she said.

When the energy sector is removed from the mix, the national average projected salary increase drops to 2.9 per cent. That effect is more pronounced in energy-rich Alberta and Saskatchewan.

On the other end of the spectrum, the transportation, equipment, consumer goods and retail/wholesale industries are expected to see the smallest salary increases at around 2.6 or 2.7 per cent.

While base salary is an important component in attracting and retaining talent, it's important to make sure employees understand in other ways that they're valued, Griffiths said.

Another important aspect is making sure employees are aware of opportunities for advancement within their organization. With the economic outlook stabilizing, companies are becoming more focused on putting so-called "career frameworks" in place.

Demographics also has a lot to do with it, said Griffiths.

"The younger generation definitely wants to know more and wants more transparency around their career potential."

THE CANADIAN PRESS



Indian youth celebrate Janmashtami festival

Indian youth make a human pyramid to reach and break the "Dahi Handi," an earthen pot filled with yogurt, as they celebrate Janmashtami on Monday in Mumbai, India. Janmashtami is the festival that marks the birth of the Hindu god Krishna. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Three-city trip in future? Pope hopes to visit U.S.

Pope Francis has confirmed he wants to go to the United States next year and is considering a three-city trip in September 2015: Philadelphia for a family rally, Washington to address Congress and New York to speak at the United Nations.

Francis said there was a proposal to tag Mexico onto the trip so he could visit the Madonna of Guadalupe shrine beloved by Mexican Catholics,

"but it's not sure."

Francis made the comments Monday while returning from South Korea.

Asked about his 2015 travel plans, he said: "Next year I'd like to go to Philadelphia for the family meeting. I was invited by the president of the United States, by the American parliament and the secretary-general of the United Nations."

THE ASSOCIATED PRESS

WikiLeaks. Assange not leaving embassy after all

WikiLeaks founder Julian Assange sowed confusion Monday with an announcement that appeared to indicate he was leaving his embassy bolt hole, but his spokesman later clarified that that would not happen unless the impasse over his extradition is resolved.

Assange made the comments during a press conference at the Ecuadorean Embassy in London after a meeting

with Ricardo Patino, the Latin American nation's foreign minister.

Kristinn Hrafnsson, the WikiLeaks spokesman, said that what Assange meant was that he was ready to leave the embassy as soon as the British government gave him the guarantees he was seeking, namely the right to travel freely to Ecuador where he has asylum.

THE ASSOCIATED PRESS

Pg. 293
impresses
your mother-
in-law.

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2 in 3 think they can repay student loans in five years

CIBC survey. Bank executive VP applauds students' intentions but says they may not be realistic

Getting a post-secondary degree can be an expensive endeavour, but a recent survey suggests that most students believe they'll be on track to pay off their student loans within five years of graduating.

The poll from CIBC found that about half of post-secondary students said they would need to borrow money to pay for tuition, living expenses and books.

Although about a quarter expected to owe less than \$10,000 by the time they graduate, almost three quarters expected

Dreams by geography

Another survey, by the Bank of Montreal, found regional differences between where students lived and how much they expected to spend.

- Those who live in Alberta expected to spend the most on back-to-school purchases with an average amount of \$1,236, followed by Ontario students with \$1,204. Those in Saskatchewan and Manitoba expected to spend a combined average of \$857.

to owe more than \$10,000, including 40 per cent who said they'd likely be on the hook for \$25,000 or more.

The Canadian Federation of

Students says students in Ontario and the Maritimes have debt loads averaging \$28,000 at graduation, the highest in the country. Yet despite the predictions of big debt, most students remain optimistic about their ability to eliminate it.

Sixty-six per cent surveyed believed they'd be able to pay down their debt within five years or less, while 34 per cent expected it would take them more than six years.

"While their intentions are admirable, they may not be realistic," said Christina Krammer, executive vice-president of retail and business banking at CIBC. "As students graduate and look to start their careers, they will likely be moving out on their own, saving for a car or a down payment on a home, or even starting a family."

THE CANADIAN PRESS



Four celebrity judges pick finalists for Tim Hortons Duelling Doughnuts contest

The Big Canadian Red doughnut, pictured above, created by Nikola Kostic of Toronto, is one of four finalists in the Tim Hortons Duelling Doughnuts competition, as chosen by 90210 actor Jason Priestley, musician Jann Arden, TV personality Ben Mulroney and pastry chef Anna Olson. The winner will be determined by the public — consumers can vote for their favourite on duellingdoughnuts.ca until Aug. 27. The other finalists are The Lumberjack, created by Judd Mah of Edmonton, The Love Reese's To Pieces, created by Jennifer Brown of Glencoe, Ont., and The Ice Cream Sundae, created by Jennifer Veenvliet of Barrie, Ont.

SADIYA ANSARI/THE CANADIAN PRESS

McDamage control?

At a dinner McDonald's hosted for reporters and bloggers, waiters served cuisine prepared by celebrity chefs using ingredients from the chain's menu.

A Kung Pao chicken appetizer was made with Chicken McNuggets doused in sweet and sour sauce and garnished with parsley. Slow-cooked beef was served with gnocchi fashioned out of McDonald's french fries and a fruit sauce from its smoothie mix. For dessert, its biscuit mix was made to make a pumpkin spice "biznut."



Staff prepare a dinner hosted by McDonald's for reporters in New York in 2013. THE ASSOCIATED PRESS FILE

The event, held in New York City, was called "a transforming dining experience of 'fast food'

to 'good food served fast.'"

The dishes aren't intended for McDonald's restaurants. Instead, the evening is part of a campaign by McDonald's to shake its reputation for serving cheap, unhealthy food.

It's just one way McDonald's is trying to change its image. In the past 18 months, the chain has introduced the option to substitute egg whites in breakfast sandwiches and rolled out chicken wraps as its first menu item with cucumbers.

THE ASSOCIATED PRESS

Former Apple employee

Sam Sung's card nets nearly \$3K

When the eBay auction closed for Sam Sung's Apple Store business card the winning bid hit \$2,894.

The former Apple employee has auctioned off his framed business card, T-shirt and name tag, with all the proceeds from the sale going to the B.C. and Yukon chapters of the Children's Wish Foundation.

STEFANIA SECCIA/FOR METRO

Changing direction?

BlackBerry forms new business unit

BlackBerry Ltd. has created a business unit that will combine its most innovative technology and patent portfolio as the company looks away from handheld devices. The unit, BlackBerry Technology Solutions, will be headed by Sandeep Chennakeshu, former president of Ericsson Mobile Platforms and former chief technology officer of Sony-Ericsson.

THE CANADIAN PRESS

Market Minute

DOLLAR
91.86 (+0.02¢)

TSX
15,338.47 (+34.23)

OIL
\$96.41 US (-0.94¢)

GOLD
\$1,299.30 US (-\$6.90)

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TOO SOON TO START COUNTING MY EGGS?

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning “not 30.”

I also happen to share my birthdate with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.



SHE SAYS
Jessica Napier
metronews.ca

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling

career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could recalibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face



In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the

moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

“For me, this is a very difficult photographic record,” Castellanos says. “Maybe I have the only, or maybe the last, picture of that person.”

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.



Especially, he wonders about the girl.

“Maybe today she is a woman,” Castellanos wonders. “Maybe she has children. I don't know where she is just now, but this is a face that haunted me.”

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 11 in Scene, page 13 in Life and page 22 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

Have you ever seen a panda bear propose to a maiden so fair?



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of “thugs” who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)



SCREENGRAB

Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role



NED
EHRBAR

Metro World News in Hollywood

As the titular Frank in *Frank*, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him.

How do people know it's actually you under the head for the entire film?

They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?

It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's



Frank is currently screening in select markets across Canada. CONTRIBUTED

he thinking? Is he asleep in there?' There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between

the audience and the mask.

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?

Absolutely. I think definitely when I was at drama school I

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for *Frank*!



→ See the full instructions on Metro's Voices page.

thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?

Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

DVD review



The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The Amazing Spider-Man 2 wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent Spider-Man trilogy was necessary. This latest blockbuster assault wins over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (*Chronicle*) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film. **PETER HOWELL**

2 SCENE

Pg. 239
beats a
movie
night out.

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Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating

someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

A baby name inspired by an overcast August

Christina Aguilera is a mom once again. The Voice star gave birth to a daughter, her first with fiancé Matt Rutler, over the weekend in Los Angeles, according to Us Weekly. Aguilera later took to Twitter to reveal the baby's name, tweeting, "So proud to welcome our beautiful daughter Summer Rain Rutler into the world." Aguilera also has a 6-year-old



Christina Aguilera

son, Max, with ex-husband Jordan Bratman.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Pratt was once plucked out of Scooby Doo van obscurity

NED
EHRBAR
Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a

photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.



Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez

in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

Twitter



@RedHourBen

To the young lady from Michigan at dinner... Do you still want that picture?



@MarkDuplass

Has anyone ever gotten on the wrong flight and didn't discover it until you landed? I feel like this has to happen. And what a moment!



@MileyCyrus

5 foot bong almost complete. this one is a collab with my f—ing beyond kiewl fanz



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Moves that will fit you to a Tai Chi

Make a stand.

The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN
LISK

Metro in Toronto

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidentally hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their



Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.

ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that

sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves,

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.



→ See the full instructions on Metro's Voices page.

the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their

immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."



Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.



Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.



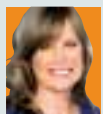
Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.



Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

Edible insects

Bugs may be nutritious, but are they delicious enough to eat?



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Are insects the new energy food?

Before you recoil in disgust, you need to read this.

As reported in the September issue of Best Health magazine, crickets, mealworms and other creepy crawlies really could become a common food ingredient in the future. (The topic is to be the focus at an upcoming conference in Montreal, Aug. 26-28, called Eating Innovation: the Art, Science, Culture and Business of Entomophagy.)

As Melissa Greer writes in Best Health, while the idea may be tough to get your head around, it's not that far-fetched: At least two billion people worldwide eat insects regularly, according to a 2013

United Nations report. Insects could one day be a staple food, given an ever-growing population plus a projected future shortage of the water needed for crops and livestock.

Many edible insects — beetles, caterpillars, ants, grasshoppers and crickets, to name a few — are rich in protein and good fats, and high in iron. You could call them the perfect nutrition bar — and in fact, we found two examples: Chapul and Exo. Both of these U.S.-based companies promote their cricket bars as earth-friendly, since crickets can be grown

using far less water compared to, say, beef cattle.

And Exo notes that crickets have more than double the percentage protein of chicken. Chapul's are made from baked crickets ground into a powder and mixed with ingredients such as dates, cocoa, honey and oats. Exo's, also made with cricket flour, are free of gluten, grains, soy and dairy.

Do you dare to try them? Has it really come to this?

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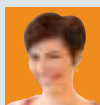
Insects step up to the plate — as a healthy serving of protein. ISTOCK

3 TIPS

Why not take your pick from one of these super-easy recipes?

Health Solutions

Fresh isn't always best



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day.

Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish

- Cooks in minutes and great for stir fries.
- Cook 1/2 cup whole wheat pasta per person. Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts

- Steam and toss with dill.

Frozen broccoli

- Sim-

mer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

Frozen soybeans/lima beans are a high protein snack

- Steam for 2 minutes. Add seasoned rice vinegar.

Frozen apple or pineapple juice concentrate

- Replaces some refined sugar in baked goods with real fruit sugar.

Frozen whole wheat tortellini

- Great as a small portion loaded up with veggies (crushed tomatoes, sliced pepper and onions, etc.

Frozen berries

- Irreplaceable superfoods in smoothies/baking.

Frozen pizza

- Thin-crust and whole wheat: add seeds, veggies, etc.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Skillet Chicken.

This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT

myfriendinfood.com

This meal comes together in a flash with barely the basics from the fridge.

It is a foolproof, adaptive formula that can be cooked

on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue.

Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine.

You really can't mess this one up. It is your go-to "cook's night off" solution.

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

5. Pour the white wine into the mixture, add butter and simmer for 1 minute to finish.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter



This recipe serves six. THE CANADIAN PRESS

Cheese was made for pasta

Pasta and cheese are perfect partners, but it doesn't always

Ingredients

- 500 g (1 lb) lean ground beef
- 1 garlic clove, minced
- 500 ml (2 cups) sliced mushrooms
- 250 ml (1 cup) chopped onion
- 250 ml (1 cup) chopped green bell pepper
- 7 ml (1 1/2 tsp) Italian seasoning
- Pinch salt
- 1 can (796 ml/28 oz) diced tomatoes, undrained
- 250 ml (1 cup) water
- 375 g (12 oz) broken spaghetti
- 15 ml (1 tbsp) balsamic vinegar or red wine vinegar
- 500 ml (2 cups) shredded mozzarella cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- Chopped fresh basil (optional)

have to be same old, same old. This main dish takes only about 15 minutes to prepare and 40 minutes to cook and will be a family pleaser.

1. In a large skillet, sauté beef over medium-high heat, breaking it up with a spoon; drain off any fat. Add garlic, mushrooms, onion, green pepper, Italian seasoning and salt. Cook, stirring occasionally, for about 5 minutes or until vegetables have softened.

2. Stir in diced tomatoes, water and broken spaghetti; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for about 15 minutes or until pasta is tender.

3. Stir in balsamic vinegar, mozzarella and Parmesan cheese; stir until cheese is melted.

4. Serve sprinkled with fresh basil, if using.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

AEC help students head back to school

Adult Education Centres (AEC) helps individuals change their lives by letting them know that no matter what challenges they may have faced in their pasts, it is never too late to go back to school.

At the age of 22, Melissa Neapew decided it was her time to pursue her high school diploma after dropping out of school in grade 8.

Eventually she got pregnant and began focusing on taking care of her child as a full time mother, instead of school.

In 2008, Neapew was referred to AEC by friends and family.

"I wanted to create a better life for my children and show them that school does matter to succeed in life," says Neapew.

Since completing her diploma in 2010, Neapew says her life has completely changed for the better.

Neapew is now a full time administrative assistant at AEC and says the best part of



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the job is helping out other individuals who were in her shoes, to take the next step in their life journey.

AEC are an adult secondary education program, which offers Manitoba mature student high school diplomas for learners 19 years of age or more, and upgrading for those looking to enter specific post-secondary programs.

Registration is now open for the fall semester. For more information, visit adult-education.ca.

SOMETHING 'JUST CLICKED' ABOUT PACE PROGRAM

Stella Nesca originally thought she would pursue a career in advertising — until she discovered the public relations marketing management diploma program at PACE (Professional, Applied and Continuing Education, through the University of Winnipeg).

To her, something about it "just clicked".

"The condensed structure of the program meant only a short leave from paid employment and would make me career-ready in only one year," says Nesca, current student at PACE.

"Plus, the program focused on all areas that interested me most."

The program curriculum emphasizes public relations, communication, marketing, digital media, design, business acumen, ethics, business strategy and cultural awareness.

"The digital media emphasis of the program provided a channel to a wider conversation and gave me more presence in a booming sector," says Nesca.

"If you cross reference other public relations or marketing programs in Canada, you won't find a comparable program or one with the dual emphasis or such a broad base of knowledge."



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Nesca will complete the program this September, but has landed a job with Shillingford Press, and will begin work after graduation.

For more information about this program, please contact Mekala Wickramasinghe at 204-982-1143 or me.wickramasinghe@uwinnipeg.ca to attend an information session to learn more about this program.

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Learn the basics of massage therapy

Introductory workshop at Wellington College

Get a taste of what a career in massage therapy entails, through one of the popular or new workshops available at Wellington College this year.

Whether you looking to discover whether massage therapy is the career for you, or just wanting to learn how to perform a basic massage for friends and family, the introduction to massage therapy workshop is a great place to start.

"Because of popular demand, we are now offering the introduction to massage therapy workshop on multiple dates over the 2014-2015 school year," says Brie Timings, associate director, Wellington College.

"This workshop is available to the public and no experience is necessary."

This workshop will provide the participants with the skills and techniques needed to give a massage in both a sitting and lying down position. They will learn to massage the back, neck, shoulders, head, hands and feet, and will learn a variety of

KEY DATES

The cost of the introduction to massage therapy workshop is \$99+GST. The dates are Sept. 13, 2014; Feb. 21, 2015; March 21, 2015; May 9, 2015 and July 13, 2015. The introduction to aromatherapy workshop runs on Sept. 14, 2014, with a cost of \$250+GST.

different techniques to giving the massage.

"The objective of the workshop is to allow individuals to be confident in their approach and understanding of what they are doing and by the end of the day be confident to perform a basic body massage for family and friends," says Timings.

Wellington is now offering a new one-day introduction to aromatherapy course to the public to either compliment the skills learned in the intro to massage workshop, or to appeal to a different interest.



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"Aromatherapy is a form of alternative medicine that uses essential oils and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health," says Timings.

"People often use aromatherapy every day, from the calming effects of lavender to

the cleansing properties of eucalyptus."

The workshop will cover the beginning stages of how to blend for a person's specific needs, including mixture with different carrier oils and methods of application.

For more information, visit wellington-college.com.

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your future is in your hands

call 204.809.9985

or visit massagetherapycareers.ca

New building, same quality education

Herzing College opens new facility in 2015

Change can be a great thing, especially when it means a brand new, state-of-the-art facility for Herzing College students.

At the start of 2015, Herzing College will have a new home on Portage avenue, and while the facility will be new to the students, they can expect the same quality education that Herzing has been delivering for the past four decades.

"The move will allow us to increase services to our students and provide us with the space we need for future growth," says Kerry Swanson, Herzing Winnipeg president.

The new campus will feature a "student focused" resource and lounge area that will reflect the pulse and vibrancy that Herzing Campus Life has always been known for.

"Herzing College has had a campus in Winnipeg for over forty years and is highly regarded for its ethics and integrity having been the recipient of the Better Business Bureau's "Torch Award for Advancing Marketplace Trust" for the past four years straight," says Swanson.

"So it's a perfect time to re-establish our-



SHUTTERSTOCK

selves, and celebrate being part of the business and education community here."

Herzing Winnipeg has been recognized as a leader in specialized career training in Winnipeg for over four decades, offering diploma

programs in business, healthcare, legal, technology and media.

"Moving to a new facility will allow us to enhance and expand our program offerings," says Robin Day, Herzing Winnipeg academic dean.

CAMPUS MOVING WEST IN NEW YEAR

The campus, currently located at 723 Portage Ave., will be making the move west to 1700 Portage Ave., at the corner of Route 90 and Portage avenue.

The relocation will take place on Jan. 1, 2015. Classes in the new location will begin in 2015.



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Day expects the transition to be seamless for existing and future students.

"Leading up to the move it will be business as usual at Herzing Winnipeg, with new programs starting regularly," says Day.

Students are encouraged to contact Herzing College and make an appointment to see an admissions advisor regarding program start dates for 2014/2015.

For more information about Herzing and the programs offered, visit herzing.ca/winnipeg.

On Air or Online.

Inquire about our media programs.



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NOT TOO LATE FOR FALL ENROLMENT

September, October classes still open at Robertson College

While the deadline for most applications for September programs at many post-secondary institutions has past, it is never too late to register for fall classes at Robertson College.

Robertson College has a number of programs starting this September and October and now is the time to get your seat.

"Robertson College will have you career ready in 12 months or less through one of our diploma programs in business, technology or healthcare," says Vijay Chintamaneni, campus director, Robertson College Winnipeg.

"The sooner you enroll, the faster you will finish the program and be job ready within a year upon successful completion."

All of Robertson's classes are taught by instructors who have experience in their field, allowing students to draw from their years of experiences directly from the source.

For those students who choose the online programs, these programs are led by academic experts, so there is always support available.

If you are looking for a new career, Rob-



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ertson College has a path that will get you there.

"Robertson College Winnipeg is a career-making powerhouse," says Chintamaneni.

"Our students choose us because of our

hands-on approach to teaching and our commitment to their success."

Robertson College students know that the college works hard to provide them with the best career training possible.

LIST OF OPEN PROGRAMS

Registration is now open for the following programs; health care aide, medical office assistant, veterinary office assistant, legal assistant, travel counselor, health care aide challenge, nursing assistant, business administration; sales and Internet marketing specialist. If you have any questions about the entrance requirements please contact Robertson College, Winnipeg Campus for more details.

So much so, that the career services department is committed to helping them secure a career after they graduate. Chintamaneni says 88 per cent post-grad employment rate, it's a commitment they can count on.

"Throughout your program, we work with you to find your first job in your new career," says Chintamaneni. "We will be here to help you not only now, but 25 years down your career path."

For more information about Robertson College and the start dates for fall courses, call 204-515-4230, or visit robertsoncollege.com.

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Love baking? This class takes the cake

Program lets students harness creativity

While eating cake is often seen as a comfort for many, for Daphne Hudson, decorating cakes brings her more joy than eating them.

Through the culinary arts/baking program at Patal Vocational Schools, Hudson has been able to harness her creativity in a field she loves, while on a schedule that works best for her family.

"I have always liked baking cakes," says Hudson.

"I would always bake cakes from scratch and decorate them for my parent's birthdays when I was younger."

Hudson learned about the program at Patal from her boyfriend's step-father, who knew the program would be the right fit for her and her love of baking.

Hudson was not able to complete the program in nine straight months due to family commitments, but because of Patal's commitment to their students, she will complete

her program this month after three years.

"They have allowed me to come back when I could get child care and pick up where I have left off," says Hudson.

For Hudson, completing the program has been about a sense of accomplishment and showing her daughter how important it is to work hard to achieve goals.

After completing the program, Hudson hopes to step into a bakery type of environment and continue to decorate cakes for a living. She also hopes to possibly open her own bakeshop one day in the distant future.

Students of this program are well prepared to enter employment in cooking and baking environments.

Often Patal's students are hired by camps or personal care homes, where cooking and baking are both required.

They also have the skills to be readily employed in many different settings — restaurants, personal care homes, camps, hotels, bakeshops, specialty bakeries.

Patal offers continuous intake for this program. For more information about this program, visit patalvocational.com.



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STUDENT SUPPORT

Patal provides many different types of supports throughout the program. Students receive assistance with the theory portion of the program, practical skills development that are directed toward skills that are needed on the job. The small class sizes also helps students get the most out of what they are learning.

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Work experience to finalize the details.

Add it all together to create a successful future.



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HR MANAGEMENT FIELD IS THRIVING

The growing field of human resource management is one of versatility and importance.

Through the human resource management program at Red River College (RRC), students will learn the fundamental components to breaking into a career in this dynamic field.

"The human resource management program is meeting the needs of our graduates — 98 per cent were satisfied with the education they received, and 94 per cent would recommend the program to others," says Margaret Braid, program manager, School of Continuing Education at RRC.

This program begins with an overview of the field — HR management, recruitment and selection, training and development, labour relations, compensation, and human behavior in organizations.

"These mandatory courses help students decide in which area they want to specialize," says Braid. "They can then tailor their program by selecting those courses in their area from among the electives."

To better tailor the program to the needs of the students, students can take the courses in class or online by Distance.

SPECIALIZE IN COMPENSATION

This fall, RRC is introducing a new option for students who want to specialize in compensation. Students will be able to take courses that lead to the payroll compliance practitioner accreditation. The first course, offered in conjunction with the Canadian Payroll Association, is Payroll Compliance Legislation.

Most online course use the LEARN platform which allows easy interaction between the student and the instructor.

"More of our distance education courses have been converted to LEARN from paper-based delivery to allow more interaction with students," says Braid.

"Students learn not only from the instructor but can also share their information and experiences with each other."

Braid says one of the best features of the RRC program is the experience of the instructors.



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"They are HR professionals who 'live' HR during the day and then pass their real world experiences on to their students in the evening," says Braid.

Successful students new to the field can find entry-level employment in many areas of HR.

"Our graduates get jobs," says Braid. "On the most recent survey, graduates reported 94 per cent were employed — 44 per cent of graduates received a pay increase."

For more information about this program, visit rrc.ca/hrm.



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Hybrid school gets new name, mandate

MITT will combine high school, college

Winnipeg Technical College has taken on a whole new name and role for the students of Manitoba.

As of July 1st, 2014 new legislative has established the Manitoba Institute of Trades and Technology, formerly known as the Winnipeg Technical College (WTC), will serve as Canada's only stand-alone hybrid institution providing both secondary and post-secondary skills training.

MITT's unique mandate is a revolutionary re-visioning of education in Manitoba that will combine high school and college by aligning its programming with other institutional partners in a supportive, student-centred environment that prepares students for the workforce and creates seamless pathways to college and university.

Now that high school students will have the opportunity to take programs at MITT to gain credits for their high school diplomas and begin their skills training for careers in various industries, the recruitment team will be making an effort to visit



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more students from grades 7 and up.

"With the new legislation from the province, our recruitment team will now be promoting programs to more students than ever before," says Jinjer Lorenz, marketing

and recruitment officer, Manitoba Institute of Trades and Technology.

"Manitoba is going to see a lot more of us this year as we travel from school to school spreading the word about MITT serving as

APPLY EARLY TO GET YOUR SPOT

Although MITT doesn't have applications deadlines, it's important to apply early as many programs fill up quickly. MITT operates on a first come, first qualified basis, meaning anyone can apply at any time throughout the year but acceptance to the program is based on who applies with first.

a school of choice for high school students and a recognized post-secondary institution for post-secondary students."

Lorenz says MITT recruiters not only visit city schools, but travel across the whole province from town to town for an opportunity to speak with students about how MITT can prepare them for their careers or further educational goals.

Like Winnipeg Technical College, MITT will continue to offer programs in health care and human services, information and business technology, and skilled trades.

For more information about the changes to WTC to MITT, or to find the recruitment schedule, visit mitt.ca.

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Ballmer lets it all loose over Clippers

Wild celebration.

Chest-bumping and all, former Microsoft CEO says team not moving

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

The former Microsoft CEO made his way through the crowd inside the Staples Center to Eminem's Lose Yourself, exchanging high-fives and chest-bumping as he took the stage in front of 4,500 fans.

Ballmer paid a record \$2 billion for the team in a sale that was confirmed by a judge last week. The name of disgraced former owner Donald Sterling, who controlled the team for 33 years before being banned for life by the NBA for racist remarks, was never uttered during the rally.

"We're looking forward," Ballmer proclaimed, having removed his blue Clippers hat. "Everything is about looking forward."

Ballmer's fervour was in stark contrast to Sterling, who never spoke to the media and was famously frugal when it came to spending on the team during decades of losing — despite having amassed a fortune through real estate.



New Los Angeles Clippers owner Steve Ballmer, centre, fires up the crowd as he arrives at the Clippers Fan Festival on Monday in Los Angeles. JAE C. HONG/THE ASSOCIATED PRESS

"Today is about this other guy who just happened to have two billion dollars in his pocket," coach Doc Rivers joked on stage. "I asked him, 'Are you sure it went through?' and he said, 'I know my bank account is minus two billion, so I know something went through.'"

Ballmer gave out his email address during the televised rally and was quick to assure fans he won't move the team to Seattle, where he's lived for

34 years. He was nearly an NBA owner last year before league owners chose to keep the Kings in Sacramento, rather than allow them to be sold to a group that included Ballmer and moved to Seattle.

"I love Los Angeles," he said. "Yes, I live in Seattle. We're not moving the Clippers to Seattle for a hundred reasons."

Ballmer used a microphone, but his booming voice easily filled the arena without

it. He prowled the stage and gestured to make his points in the enthusiastic style for which he was known among Microsoft employees.

"We're going to be bold. Bold means taking chances," he said. "We're going to be optimistic."

"We're going to be hardcore. Nothing gets in our way — boom! The hardcore Clippers, that's us."

THE ASSOCIATED PRESS

Stampeders

Cornish ready to rock again

Calgary Stampeders running back Jon Cornish says he's ready to play again.

The CFL's most valuable player and leading rusher last season has been out of the lineup with concussion symptoms since the season opener.

Stampeders head coach John Hufnagel expects Cornish to be back to full practice with the team Wednesday.

Cornish intends to play Sunday in Ottawa against the Redblacks.

THE CANADIAN PRESS

Redblacks

Paris Jackson released

The Ottawa Redblacks have released veteran wide receiver Paris Jackson, who had just six receptions for 34 yards over eight games with Ottawa this season. Prior to signing with the Redblacks in March, the Vancouver native spent 11 seasons with B.C. and helped the Lions win two Grey Cups (2006, 2011).

THE CANADIAN PRESS



Paris Jackson GETTY IMAGES

U.S. Open. Wrist injury leaves Nadal out of Flushing Meadows yet again

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, one week before play begins at Flushing Meadows.

"I am sure you understand that it is a very tough moment for me since it is a tournament I love and where I have great memories from fans, the night matches, so many things," a posting on Nadal's Facebook page read. The second-ranked Nadal plays left-handed but uses a two-

Resigned



"Not much more I can do right now other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back." Rafael Nadal

handed backhand.

The 14-time major champion was hurt July 29 while practising on his home island of Mallorca ahead of the North American hard-court circuit. The next day, Nadal announced he needed to wear a cast on his wrist for two to three weeks and would be sitting out tournaments in Toronto and Cincinnati.

The 28-year-old Spaniard also said at that time he expected to return for the U.S. Open.

Instead, he's the fourth man in the Open era, which began in 1968, to decline to try to defend his U.S. Open title. Nadal is 44-8 with four titles in 2014, including his record ninth French Open trophy in June. THE ASSOCIATED PRESS



Australians sent packing

Australia's Blake Monaghan scores under the tag of Mexico catcher Gabriel Heredia during an international elimination baseball game at the Little League World Series on Monday in South Williamsport, Pa. Mexico won 6-2 and will face Venezuela on Tuesday afternoon. Scan the image with the Metro News app for the best photos from the tournament. MATT SLOCUM/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

Taurus

April 21 - May 21

You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

Gemini

May 22 - June 21

Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

Cancer

June 22 - July 23

There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

Leo

July 24 - Aug. 23

Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

Virgo

Aug. 24 - Sept. 23

Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

Libra

Sept. 24 - Oct. 23

With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

Scorpio

Oct. 24 - Nov. 22

You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

Sagittarius

Nov. 23 - Dec. 21

These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

Capricorn

Dec. 22 - Jan. 20

Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

Aquarius

Jan. 21 - Feb. 19

Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

Pisces

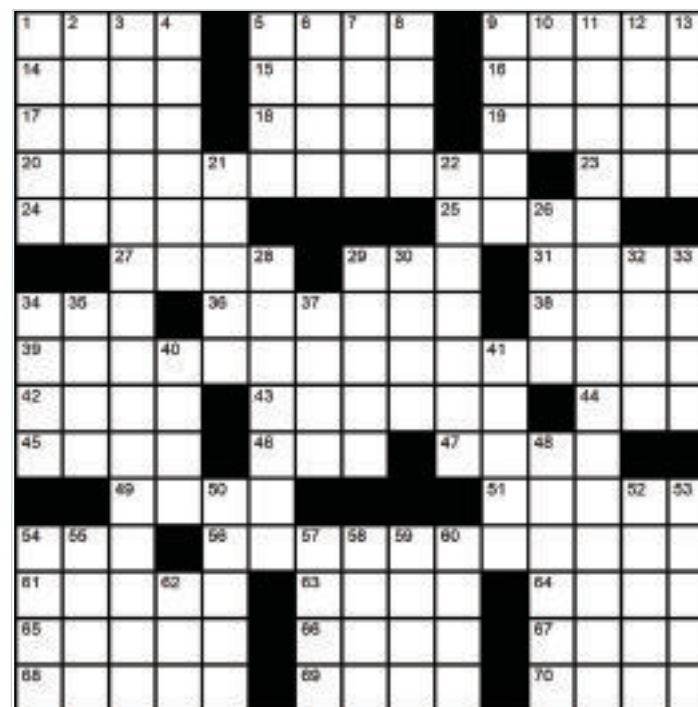
Feb. 20 - March 20

The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mob boss
5. ___ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-___-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "___ what..." (Popeye's credo)
29. Lab subj.
31. "___ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the ___"
44. Fitness system, ___ Bo
45. Umpire's call!



46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good ___ (Nice person)
56. What step dancers dance to: 2 wds.

61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down

1. Outfielder's feat
2. "I Was ___ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete ___" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael ___ (London, Ont. born director)
10. Lungs' longing

11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has ___ up one's sleeve
22. New Testament letter
26. Cabo da ___ Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean ___ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "___ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't ___ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-___ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

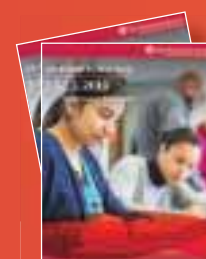
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

9	1			2	3			
5			3	1				7
				6	4			
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9



'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps

with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

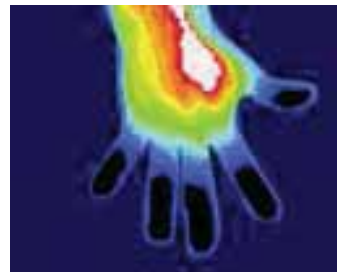
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

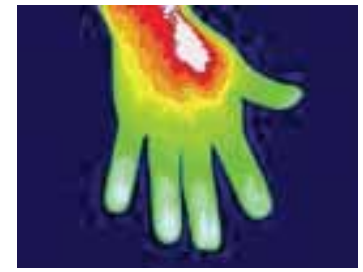
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months! Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily



CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improve artery health



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FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.

DISTRIBUTED BY HEDLEY ENTERPRISES **1.888.292.5660**